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ABSTRACT

One of the most important components of child rearing is to help children develop attitudes and skills that allow them to manage anger well and find solutions to conflict. This book presents a 15-step model showing parents how to teach their children they can resolve conflicts successfully by assessing their emotion and gauging its intensity, being angry while behaving well, listening actively, admitting fault, brainstorming solutions, and making acceptable decisions. Also discussed are strategies for overcoming children's resistance as well as motivation, defensiveness, and discipline. Chapter 1 presents the 15-step model for conflict resolution in 3 parts: (1) thinking steps; (2) talk/listen steps; and (3) solving steps. Chapter 2 presents some general principles and techniques for teaching children of any age. Chapter 3 addresses some special obstacles to tackle before teaching conflict resolution, including defensiveness, noncompliance, and adult reluctance. Chapters 4 through 7 present suggestions for teaching conflict resolution skills with age-appropriate language to four age groups: infants through preschoolers, elementary-school-age children, preadolescents, and teenagers. At the end of each of these chapters, a typical dispute is presented for each age group and suggestions for how to resolve it, using the 3-part model. Chapters 8 through 10 present the conflict resolution process from an adult perspective, using adult examples, a greater degree of analysis, and a mature perspective. The book's final chapter addresses frequently asked questions. (KB)

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